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CALGARY metro®
Thursday, February 21, 2013
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Pedestrian hit by two vehicles before dying, neither stopped

Fatality. Mother who held victim's hand as she died questions compassion of others

JEREMY NOLAIS
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Tonja Beach was going through the paces of her morning routine when she heard a loud thud in front of her home.

She raced out to see what had happened and found a badly hurt woman lying in the middle of the road. The victim, in her mid-50s, had lost a great deal of blood and was struggling to breathe, Beach said.

"I ran over and just sat there with her and held her hand," she added. "I just kept telling, 'It's OK, help is coming.'"

The woman was pronounced dead minutes later by emergency responders. Police believe she was struck by a red Ford Taurus while crossing the road around 6:44 a.m. Wednesday at the intersection of a Sandstone Drive and Berkshire Boulevard N.W. After falling to the ground, it's believed the women was hit by a dark-coloured sedan and dragged several metres.

The drivers of both vehicles fled the scene, but a man claiming to be the driver of the Taurus later turned himself in.

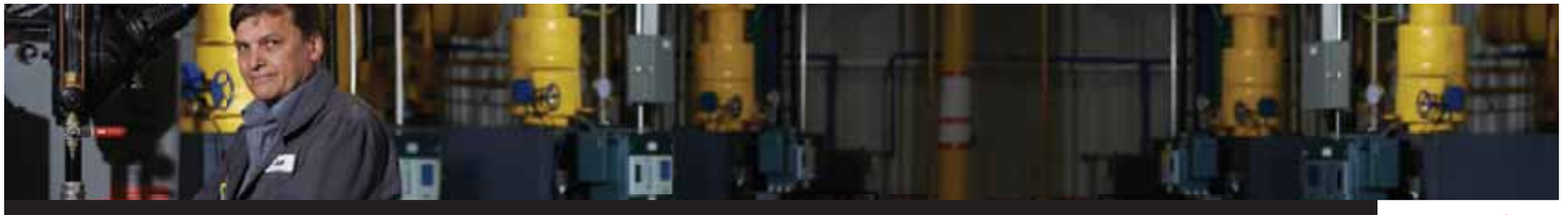
Police Sgt. Colin Foster said he was stunned by the actions of the drivers.

"I have been doing this for 26 years — collision reconstruction is all I do," Foster said. "I have never seen two vehicles hit a person and have both fail to remain at the scene."

Police were still hoping to speak with numerous witnesses that were waiting for buses at the busy Sandstone terminal nearby — many carried on with their early-morning commutes without providing statements to investigators, Foster said. Digital signs were put up near the terminal later in the day encouraging anyone with information to come forward.

Follow Jeremy Nolais on Twitter @Metro_Nolais

Police investigators work to recreate a collision Wednesday morning that saw a woman in her 50s die after being struck by two vehicles. One driver claiming to be involved has turned himself in, the other remains at large. JEREMY NOLAIS/METRO



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RouteAhead.
SE transit getting short shrift, aldermen say

It looks like the road ahead for RouteAhead will get a bit bumpier as a bloc of southeast aldermen voted against the next step in Calgary's 30-year transit plan on Wednesday.

"Love the document, can't support it," said Ald. Shane Keating who, along with Ald. Peter Demong and Ald. Andre Chabot, opposed final approval of an amended RouteAhead document that was presented to the city's transportation committee.

By a vote of 7-3, the committee still approved moving the document onward to a full vote at council, but it became apparent the prioritization of southeast transit projects will continue to be a sticking point going forward.

Demong peppered city staff with questions Wednesday over the scoring criteria they used to rank future transit projects, particularly when it comes to the plan for a dedicated, high-speed bus route to the southeast, as compared to other similar projects in other parts of the city.

"For some reason the southeast transitway isn't getting the same scoring for having the same benefits," Demong said.

Chabot also questioned the justifications for ranking north-central transit projects near the top of the list while proposed developments along 17th Street SE received relatively lower scores.

"That's not apples to apples," Chabot said of one particular criterion used to arrive at the scores. "It's grapefruits to lemons."

ROBSON FLETCHER/METRO

Runaway calf, bull

Bovine blues keep Edmonton cops busy

A day-long battle of wills between a massive bull and Edmonton police and other officials finally came to an end Wednesday.

After spending several hours trying to corral the escapee from a slaughtering plant, officers shot the bull with a tranquilizer gun and lifted it into a waiting trailer.

The cattle caper began shortly after 7 a.m. when a calf being loaded off a trailer at Edmonton Custom Packers, a small slaughtering plant, slipped through an unlatched gate and escaped.

The calf was caught within a few hours, but the 1,000-kilogram bull, which had been dispatched to lure back the calf, remained at large. THE CANADIAN PRESS

210 Avenue S.E.

Man saved from bottom of shaft

Fire crews were called out Wednesday afternoon after reports a man had fallen down a concrete shaft.

Firefighters responded to the 3000 block of 210 Avenue S.E. around 2:15 p.m. after a man in his 50s fell five metres into a confined-space concrete shaft.

Rescue specialists dropped into the shaft and strapped the patient to a stretcher before he was hoisted out.

The man was then transferred to the care of EMS crews.

METRO

Reservist gets demotion for training gone wrong

Afghanistan.
Calgarian Darryl Watts avoids prison time after exercise killed fellow soldier and hurt four more in 2010

A Canadian Forces reservist has avoided jail for his role in a deadly training accident in Afghanistan and is being allowed to stay in the military.

But Maj. Darryl Watts is being demoted by two ranks to lieutenant and is to receive a severe reprimand.

He was convicted at a court martial late last year of unlawfully causing bodily harm and negligent performance of military duty during the exercise near Kandahar city three years ago.

Cpl. Josh Baker, 24, was killed and four other soldiers were injured when an anti-personnel mine misfired and shot hundreds of steel ball bearings in the wrong direction.

Defence lawyer Balfour Der said the sentence could have been worse.

"From what we were working with, it's not a bad sentence. It's a heck of a lot better than this man going to jail or this man being kicked out of the army," Der said Wednesday after the sentencing in Calgary.

Der said Watts, who is a Calgary firefighter, is pleased he's not going to jail and is being allowed to keep his military job.

"In other respects, he's not very happy of being convicted or being demoted, but truth be told he probably breathes a sigh of relief."

Der said it's highly probable that he will file an appeal of both the guilty verdicts and the sentence.

Watts, 44, stood at attention during sentencing. There was no visible reaction.

Maj. Dylan Kerr, who prosecuted the case, said it's not up to him to decide if his side will appeal the sentence. He said cases such as this one, where someone is not directly responsible, are more complicated.

"It's much more difficult when you're talking about someone like Lt. Watts who has been held in high regard and has otherwise performed very well," said Kerr.

THE CANADIAN PRESS

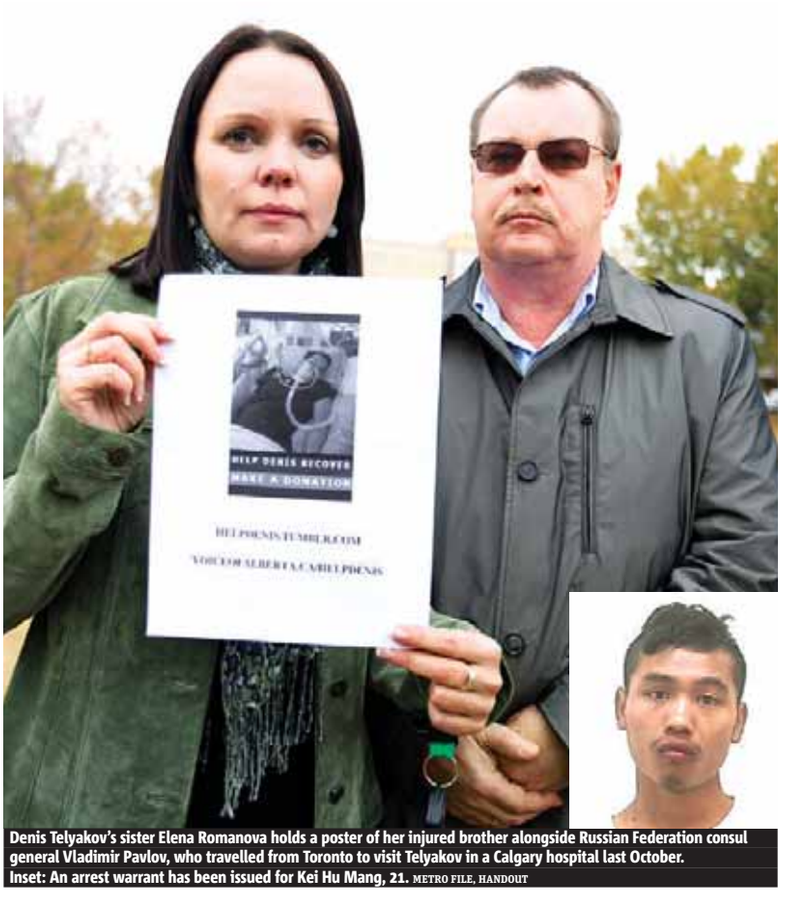
Defence lawyer Balfour Der speaks to the media following the sentencing hearing for Maj. Darryl Watts at a court martial in Calgary Wednesday. Watts was involved in a training accident in Afghanistan that killed a soldier and injured four others. JEFF MCINTOSH/THE CANADIAN PRESS

Dismissal rejected

- Cmdr. Peter Lamont, who acted as judge at the court martial, said he did not consider it appropriate to dismiss Watts.
- "He can continue to be a highly effective officer," said Lamont. "Rank can be lost.... It can also be regained."

One arrested, one sought in summer jailhouse attack

Calgary Remand Centre. Charges laid six months after assault that left Russian student with brain damage



Denis Telyakov's sister Elena Romanova holds a poster of her injured brother alongside Russian Federation consul general Vladimir Pavlov, who travelled from Toronto to visit Telyakov in a Calgary hospital last October. Inset: An arrest warrant has been issued for Kei Hu Mang, 21. METRO FILE, HANDOUT

ROBSON FLETCHER
robson.fletcher@metronews.ca

News that Calgary police have arrested one of his alleged assailants didn't appear to have immediately reached Denis Telyakov in Russia Wednesday, but the man's lawyer said he will be glad to hear it.

"It's important to Denis to at least have some sort of sense that something's being done," Elmer Chiu said.

"If the right people were brought forward and had their fair day in court, at least Denis would know we're doing something here."

Police announced Wednesday they had arrested Justin Brett Decoux and charged the 21-year-old with aggravated assault in connection with the severe jailhouse beating of Telyakov on Aug. 20.

Police also issued an arrest warrant for Kei Hu Mang, also 21.

Both men were Telyakov's cellmates at the Calgary Remand Centre last summer.

Telyakov, a student visiting from Russia, had been arrested for uttering threats, but the charge was later stayed.

The attack left him in a coma for weeks and in hospital for months.

Chiu said Telyakov had recovered enough to return to Russia at the end of December, but he appears to have permanent brain damage and his family is seeking "some sort of long-term care" for him outside of Canada.

Alberta Justice is also conducting an investigation into the incident, which is nearly complete, according to spokesperson Michelle Davio.

Investigation

- The arrest warrant issued is for Kei Hu Mang, described as Asian, about five-foot-eight and 140 pounds with black hair and brown eyes.
- Staff Sgt. Grant Miller said both Mang and Justin Brett Decoux were suspects from the early stages of the investigation that began last August but it took police until this week to gather sufficient evidence to charge them.
- The Alberta Union of Provincial Employees has said two remand centre guards who were fired after the incident were "scapegoats" and instead blamed the incident on overcrowding and understaffing.

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Education. Jeff Johnson overstepped boundaries: Candidate for ATA prez

Education Minister Jeff Johnson METRO FILE

As they square off to represent nearly 40,000 educators, both candidates for president of the Alberta Teachers' Association say the local bargaining process must be given time to work.

And one candidate, former Calgary local president Jenny Regal, said she believes Education Minister Jeff Johnson has overstepped his boundaries in recent weeks.

She said suggestions of merit pay, legislated settlements and a blanket email to teachers that drew fire from some for using private addresses are not helping matters as local representatives work to hammer out contracts with 62 school boards in the province.

"We need to let this process work, and the minister needs to realize he has no part in this process — it's not his job," Regal said.

Negotiations shifted to local bargaining in December after provincewide talks broke down.

But the minister's press secretary Kim Capstick said Johnson maintains a "vested interest" in the talks, given that more than half the money funnelled to school boards is put toward teacher salaries.

"That email has to do with opening up lines of communication with teachers so we can make the system better for kids," she added.

Regal is vying to replace two-term president Carol Henderson along with current ATA vice-president Mark Ramsankar. JEREMY NOLAIS/METRO

Colon cancer screening

Alta. cancer clinic admits private clinic jumped queue

The head of Calgary's publicly-funded Colon Cancer Screening Centre says patients from a private clinic were allowed to systematically jump the queue.

Darlene Pontifex says in 2009 and 2010 patient referrals from the Helios Wellness Centre were kept in a special file and booked much faster than others.

Pontifex told Alberta's queue-jumping inquiry that during that time period the centre's database was in disarray and Helios patients were booked because their patient information was handy.

Clerks and doctors have testified that from 2008 to 2012 Helios patients were treated within weeks, while ordinary patients had to wait three years.

Some staff have testified they warned Pontifex for years that queue-jumping was going on and involved clinic doctor Ron Bridges.

Pontifex denied being made aware of it but conceded she doesn't always read her emails.

THE CANADIAN PRESS

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Big Brother Canada.
Local firefighter, actress to compete on TV show

A firefighter from Calgary has made the cut to compete for $100,000 in the inaugural season of Big Brother Canada, and the producers of the show promise he'll add some heat to the house.

Calgarian Thomas Plant, described as "handsome and hardworking," was one of 15 Canadians selected through the audition process. According to his bio, the 24-year-old now lives in Edmonton and said he plans to keep some things secret when competing on the reality-TV show.

He'll join two other Albertans: Talla Rejaei from Edmonton and Danielle Alexander, who lives in Calgary but is from Fort McMurray.

Alexander, 20, is described as a student and an aspiring actress and also plans to hide some details about her life from the other house guests. METRO

When to watch

- House guests on Big Brother Canada are competing for the $100,000 grand prize, a $25,000 gift card to The Brick and a new Chevrolet Trax.
- The show will premiere on Feb. 27 on Slice, with episodes three times per week on Wednesdays at 9 p.m., Thursdays at 10 p.m. and Sundays at 9 p.m.

It's a boy

Firefighters help with baby delivery

Fire crews helped welcome a baby into the world during a home delivery Wednesday morning at a home in Hidden Valley.

The Calgary Fire Department and EMS were called around 2 a.m. to the home, where they were greeted by "an anxious father" and "an even more anxious mom."

The baby boy was delivered without any problems, and the family was taken to hospital to recover. METRO

Hands on the wheel, eyes off your crotch

Cheeky 'Crotches Kill' campaign. Distracted-driving ads launched by Alberta Transportation

ANNALISE KLINGBEIL
calgary@metronews.ca

Your crotch could be lethal.

That's the message Alberta Transportation is trying to get across with a new campaign to curb distracted driving.

Launched Monday, the campaign targets young drivers who attempt to hide texting by staring "down there."

The advertisements capitalize on an all-too-familiar image, said Donna Babchishin, a spokesperson with Alberta Transportation.

"Everyone of us who has been driving on the roads has looked over at the next car and seen someone looking down at their mobile device," she said.

The advertisements, which include billboards, radio ads and a website, use the statement "Crotches Kill" to urge drivers, particularly young men, to keep their eyes on the road and off their phones.

"It was intentionally designed as an edgy ad that was designed to get people's attention and to start a conversation," said Babchishin.

When marketing expert Surjit Rai heard the tagline Crotches Kill, he thought the campaign was for "testicular cancer or an STI."

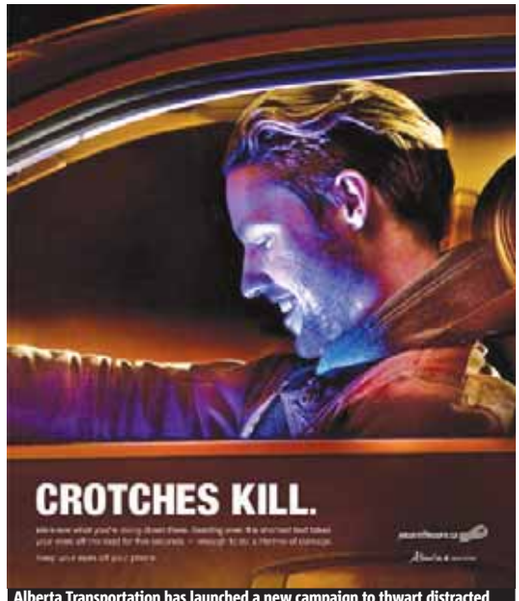
After seeing the ads, the associate chair of the bachelor of business administration program at NAIT approved.

"Some people will be offended a little bit, at least by the tagline, but at the same time I think it could help save lives."

Convictions

19,000+

The number of convictions handed out during the province's first year with distracted-driving legislation.



Alberta Transportation has launched a new campaign to thwart distracted driving and encourage people to stop staring "down there." The distracted-driving conviction rate is highest among men aged 25 to 34. CONTRIBUTED

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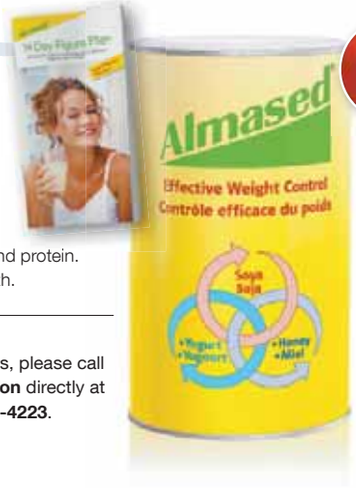

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Calgary's Olympic Plaza well used after Games

The annual Sled Island Music and Arts Festival was one of 40 events held at Olympic Plaza's outdoor stage last year. CONTRIBUTED/DAVID KENNEY

From medals to festivals. After neglect in the 1990s, outdoor venue has been revived

LISA WILTON
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DAY 9 25 YEARS LATER

As many as 30,000 people crammed into Olympic Plaza nightly to watch medal presentations during the 1988 Winter Olympics.

The raucous celebrations turned the downtown core into a buzzing international meeting place.

"It was electric," recalls Ald. Druh Farrell, who attended most of the medal ceremonies.

"Calgary's downtown was just dead at that time. And with Olympic Plaza it became a very, very lively place."

But after the 16 days of Olympic mania ended, the downtown core emptied out again.

The Plaza — which cost $5.5 million to build — lost its lustre and became a hangout for the city's seedy underbelly.

"We didn't recognize the importance of programming a space like that," Farrell says.

"It was left to languish."

An effort to clean up the area by assigning beat cops and passing a no-smoking by-law proved successful. Olympic Plaza is now a popular lunch spot for downtown office workers in the summer, and its ice rink attracts families throughout the winter.

It has also become an important part of Calgary's cultural scene.

Forty events were held in the venue last year, including the Sled Island Music and Arts Festival, Fiestaval Latin and the Spaghetti Western Festival.

"It's a great open-air venue that's in the heart of downtown," says Shawn Petsche, Sled Island's manager.

"It has acted as a sort of main hub from which Sled's festival-goers can scatter to the other venues across the core.… It's really nice to see Calgary's arts and cultural scenes put on display where so much of its commercial life lives."

Christian Greiffenstein, artistic director of Fiestaval, has used Olympic Plaza for the past seven years and says despite some issues with the drainage system, it's been the perfect location.

"It's got a good vibe and great access," Greiffenstein says.

Online

To catch up on stories in Metro's series on the '88 Olympics, go to metronews.ca.

Olympic highlights: Day 9

- Canadian Karen Percy misses a bronze medal in downhill/slalom combined by 0.3 seconds.
- The Soviet Union beats Czechoslovakia 6-1 in men's hockey.
- Sweden's Tomas Gustafson sets a world record for the 10,000-metre men's speedskating at the Olympic Oval.
- France's Franck Piccard wins gold in the men's Super G ski competition.

A look ahead

More than 2,000 athletes spent 16 exciting days in Calgary's Olympic Village. Today, the future of the storied site is a question mark. Check Friday's Metro for more.

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Coralee Smith, the adoptive mother of Ashley Smith, walks with lawyer Julian Falconer into the Toronto coroner's court on Wednesday. The inquest heard that Ashley wanted to know about her adoptive father, but Smith said she didn't have much information to give her. MICHELLE SIU/THE CANADIAN PRESS

Ashley Smith's 'happiest' days

Troubled teen's early years. 'You never saw that girl without a smile on her face,' her adoptive mother tells inquest

A homebody. An independent child who always had a smile on her face.

The adoptive mother of Ashley Smith painted this happy picture Wednesday of the troubled teenager who strangled herself in her prison cell.

"You never saw that girl without a smile on her face," Coralee Smith testified at the Toronto inquest into Ashley's death. "Most of her life, she was smiling and happy."

Coroner's counsel Marg Creal asked what Ashley liked.

"Oh my goodness, what did Ashley like? Quiet time and doing her own thing. She loved her doll," Smith answered, her hands twisting a piece of paper.

"Ashley was very independent."

Ashley was 19 when she strangled herself in her cell at the Grand Valley Institution in Kitchener, Ont., as guards, ordered not to intervene, watched.

She had spent most of her last three years in segregation cells.

Smith, of Moncton, N.B., described how she and her husband of two years, Harold, adopted Ashley as a three-day-old in 1988.

The relationship with Harold soon ended, and Smith got involved with Herb Gorber when Ashley was about three and a half years old.

Ashley became obsessed with knowing details of her parentage, Smith testified.

In Grade 9, Ashley was expelled for disruptive behaviour.

Ashley saw a psychiatrist. "She opined Ashley was just a normal teenager," Smith said.

At the start of Smith's evidence, presiding coroner Dr. John Carlisle expressed "heartfelt and sincere condolences" for her daughter's death.

THE CANADIAN PRESS

'Don't drink the water'

Woman's body sparks mystery at infamous hotel

Health officials issued a don't-drink-the-water order Wednesday after the body of a Canadian woman was found wedged into a water tank atop a Los Angeles hotel.

The body of Elisa Lam, 21, of Vancouver was discovered at the Cecil Hotel.

Officials said the water was used for cooking in the hotel. A coffee shop has been told to sanitize its food equipment.

The hotel was home to serial killers such as Richard Ramirez, the Night Stalker, and Austrian Jack Unterweger, convicted of murdering nine prostitutes. THE ASSOCIATED PRESS

A 'bad law'

Judge sounds off on mandatory minimum terms

A mandatory minimum sentence enacted by the federal Conservatives that sees first offenders sent to prison for three years on a gun-possession crime is a "bad law," one of Ontario's most senior judges said Wednesday.

Appeal Court Justice David Doherty is one of five judges hearing six appeals involving mandatory minimum sentences.

The three-year mandatory minimum sentence for possessing a loaded prohibited gun was enacted in 2008 as part of the Tories' omnibus crime bill.

THE CANADIAN PRESS

Two groups complain

Tories accused of gagging federal scientists

The Conservative government is being accused of suppressing the release of scientific information.

The Environmental Law Centre at the University of Victoria and the ethics watchdog Democracy Watch are asking the federal information commissioner to investigate "systematic efforts" to obstruct access to government scientists.

The complaint arises from a sweeping Conservative communications policy under which federal scientists must get permission before speaking publicly.

THE CANADIAN PRESS

Phone calls released in alleged plot to kill and castrate Justin Bieber

Grisly details. Calls contain tutorial on how to suffocate the pop star with a scarf

Newly released audio of phone calls made last November from a New Mexico prison is shedding new light on an alleged plot to murder teen pop star Justin Bieber.

Police say the calls were between Dana Martin, the 45-year-old prisoner accused of masterminding the plot, and one of the men he allegedly hired to carry out the gruesome plan.

In the tapes, Martin tells the nephew of a former jailhouse friend how to suffocate Bieber using a paisley scarf — apparently his signature move.

"Tie it really, really tight, knot it in the front once really tight, and put in a knot, and that cuts off the oxygen, and then tie it in the back again," Martin tells Tanner Ruane.

Justin Bieber
THE ASSOCIATED PRESS

"That just seals the deal," he adds.

In another clip, he asks Ruane whether his uncle, Mark Staake, has gone over "the Bieber thing" with him.

"Nah, the way I like to work, dude, the way I work — I like to know as little as possible," Ruane replies.

At another point in the call, however, he tells Martin they have bought hedge clippers, which police have said the would-be killers were to use to castrate Bieber, his bodyguard and two other men unconnected with the star.

Authorities say Martin, who is serving two life sentences in a New Mexico prison for the killing of a 15-year-old girl, told them he had hatched the scheme after Bieber never returned messages he sent to the 18-year-old singer.

Police recounted in an affidavit filed late last year in a New Mexico court that Martin, who has a tattoo of Bieber on his leg, told them the perceived slight was part of what led him to dream up the alleged murder plot.

The promise of notoriety provided another incentive, police wrote in the affidavit.

The plan was derailed when the accused would-be assassins accidentally ended up at the Canadian border.

The U.S. border agent found Staake had an outstanding probation violation warrant from New Mexico and he was arrested.

THE CANADIAN PRESS

National pride

Argo gala soothed Canucks: Film co.

The company behind the film Argo felt a star-studded, $23,000 screening and reception at the Canadian embassy in Washington last fall helped smooth over some of the bad press the movie received for appearing to give short shrift to the role Canadians played in the 1979 Iranian hostage crisis.

Documents obtained by The Canadian Press reveal Time Warner considered the event a "Canada love-in." THE CANADIAN PRESS

Crime spree

Barefoot Bandit faces new charges

The troubles aren't over for the "Barefoot Bandit," who led police on a two-year crime spree in stolen boats, cars and planes.

Colton Harris-Moore, 21, is already serving a seven-year jail term and faces new theft and burglary charges in Washington.

The prosecutor declined to sign on to the plea deal resolving state charges and filed new charges this month relating to the theft of a plane.

THE ASSOCIATED PRESS

Israel

Soldier scolded for online obscenities

Israel's military has reprimanded a soldier who posted nude photos of himself — with a rifle covering his genitals — and made derogatory comments about Arabs on social media.

The soldier published the material on Facebook, Twitter and Instagram. The images were then published on "Electronic Intifada," a pro-Palestinian website. It quoted his Facebook status as saying he just joined the army "to beat up terrorists."

THE ASSOCIATED PRESS

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The chief magistrate must now decide whether the testimony is enough to deny bail. THEMBA HADEBE/THE ASSOCIATED PRESS

Prosecution falters in Pistorius case

Murder charge. Police offer shaky testimony, admit forensic blunders

The prosecution's case against Oscar Pistorius began to unravel on Wednesday with revelations of a series of police blunders and the lead investigator's admission that authorities have no evidence challenging the Olympian's claim he killed his girlfriend by accident.

Det. Hilton Botha misjudged distances and said testosterone — banned for professional athletes in some cases — was found at the scene, testimony the prosecution withdrew, saying it was still being identified.

The second day of what was supposed to be a mere bail hearing resembled a full-blown trial for the 26-year-old double-amputee, with his lawyer, Barry Roux, tearing into Botha's testimony.

Police, Botha acknowledged, left a 9-mm slug from the barrage that killed Reeva Steenkamp inside a toilet and lost track of illegal ammunition found inside the house. And the detective himself potentially contaminated the crime scene by not wearing protective shoe covers.

Pistorius says he mistook Steenkamp for an intruder, while prosecutors say he planned the killing and attacked her as she cowered behind a locked bathroom door.

The day seemed to start well for the prosecution: Ballistic evidence, Botha said, showed the bullets that killed her had been fired from a height, supporting the prosecution's assertion that Pistorius was wearing prosthetic legs when he took aim. The athlete has maintained he was standing on his stumps.

Testimony began with the prosecutor telling the court that before the shooting, a neighbour heard "nonstop" shouting at Pistorius' home.

However, Botha later said under cross-examination that the witness was in a house 600 yards away. He cut that estimate in half when questioned again by the prosecutor. THE ASSOCIATED PRESS

Outside info

Accused applied for more guns

Oscar Pistorius applied for firearm licences for six more guns weeks before the shooting death of his girlfriend, Reeva Steenkamp, according to records obtained by The Associated Press.

The applications were made Jan. 22, three weeks before Pistorius shot his girlfriend dead with a licensed 9-mm pistol.

In details obtained from the South African Police Service's National Firearms Center, Pistorius applied for licences for a Smith & Wesson model 500 revolver, a .38-calibre Smith & Wesson revolver, a Vector .223-calibre rifle and three shotguns: a Mossberg, a Maverick and a Winchester.

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Hear ye, hear ye. Scientists craft an ear using 3D printer and living cells

Printing out body parts? Cornell University researchers showed it's possible by creating a replacement ear using a 3D printer and injections of living cells.

The work reported Wednesday is a first step toward one day growing customized new ears for children born with malformed ones, or people who lose one to accident or disease.

It's part of the hot field of tissue regeneration, trying to regrow all kinds of body parts. Scientists hope using 3D printing technology might offer a speedier method with more lifelike results.

If it pans out, "this enables us to rapidly customize implants for whoever needs them," said Cornell biomedical engineer Lawrence Bonassar, who co-authored the research published online in the journal PLoS One.

This first-step work crafted a human-shaped ear that grew with cartilage from a cow, easier to obtain than human cartilage, especially the uniquely flexible kind that makes up ears. Study co-author Dr. Jason Spector of Weill Cornell Medical Center is working on the next step — how to cultivate enough of a child's remaining ear cartilage in the lab to grow an entirely new ear that could be implanted in the right spot.

THE ASSOCIATED PRESS

Biomedical engineer Lawrence Bonassar holds the scaffolding for an ear his lab is creating using a 3D printer. LINDSAY FRANCE/CORNELL UNIVERSITY/FILE

Jason Leigh, co-inventor of the CAVE2 virtual-reality system, poses with his 3D glasses. CHARLES REX ARBOGAST/THE ASSOCIATED PRESS

Futuristic shades

Virtual reality. 3D glasses could change the way doctors are trained and improve patient care: Inventor

Take a walk through a human brain? Fly over the surface of Mars? Computer scientists at the University of Illinois at Chicago are pushing science fiction closer to reality with a wrap-around virtual world where a researcher wearing 3D glasses can do all that and more.

In the system, known as CAVE2, an eight-foot-high screen encircles the viewer 320 degrees. A panorama of images springs from 72 stereoscopic liquid-crystal display panels, conveying a dizzying sense of being able to touch what's not really there.

"CAVEs are essentially fantastic lenses for bringing data into focus," said Jason Leigh, co-inventor of the CAVE2 virtual reality system.

Pharmaceutical researchers could use it to model the way new drugs bind to proteins in the human body. Car designers could virtually "drive" their new vehicle designs.

But the size and expense of room-based virtual-reality systems may prove insurmountable barriers to widespread use, said Henry Fuchs, a computer science professor at the University of North Carolina at Chapel Hill, who is familiar with the CAVE technology.

THE ASSOCIATED PRESS

Racist parent

Black nurse not allowed to care for newborn: Suit

An African-American nurse claims a Michigan hospital agreed to a man's request that no black nurses care for his newborn.

Forty-nine-year-old Tonya Battle tells the Detroit Free Press she didn't know how to react when she learned about the request in October at Hurley Medical Center in Flint. Battle sued last month in Genesee Circuit Court seeking punitive damages.

THE ASSOCIATED PRESS

Paganism in prison

Wiccan criminals have new hope for spiritual guidance

A U.S. federal appeals court has given new life to a decades-long battle by Wiccan inmates for access to a full-time chaplain. The California court overturned a trial judge's dismissal of a Wiccan prisoner lawsuit seeking the same rights as other religious practices.

THE ASSOCIATED PRESS

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Cross-country concepts

Innovation in Canada can be traced back more than 150 years, and many Canadian inventions are still in use today. You may be surprised at some of the innovations that put Canada on the map.

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Java
Java applets sound familiar? Calgary-born and educated James Gosling, along with partners Mike Sheridan and Patrick Naughton, brought us the now widely used computer language. Java, which first rolled out to the public in 1995, is a computer language that can run on various platforms without having to be reconfigured.

Insite
North America's only legal supervised-injection site is considered by many to be a great social innovation. The controversial program, operated by B.C.'s Health Ministry and located in Vancouver's Downtown Eastside, provides a health-focused site for injection drug-use (heroin, cocaine, morphine). The clinic doesn't provide drugs but helps administer addiction treatment, mental-health outreach and first aid to an area of the city with rampant drug use.

Atlantic Canada

Confederation Bridge
This 12.9-kilometre span linking P.E.I. and New Brunswick is a significant civil-engineering innovation in Canadian history, allowing bridge building to be done over large bodies of water that freeze. The innovative design by Canadian company Straight Crossing Development Inc. protects the structure from the pressure of shifting ice packs.

Kerosene
More than 170 years ago, Abraham Gesner of Nova Scotia perfected the process for making kerosene, which fuelled lanterns, some heating units and some of today's camping stoves. Unfortunately, because of conflict with a New Brunswick coal conglomerate, Gesner couldn't get financial backing for the product until he moved his business to Long Island, N.Y.

Prairies

Garbage bag
What is one man's trash is another's treasure. In 1950, Winnipeg engineer and industrial designer Harry Wasyluk and his partner Larry Hansen developed the first commercial disposable green garbage bag. The first bags were sold to the Winnipeg General Hospital. The invention was later purchased by Union Carbide, which brought us Glad garbage bags by the 1960s.

Air ambulance
Peace of mind in emergency situations was given a big boost in the mid-1940s, with the start of the Saskatchewan Air Ambulance Service. It was the first non-military, government-operated air ambulance service in the world to take flight. It allowed emergency crews access to remote areas to provide service where ground ambulance was unavailable. Air transport is now used as a regular emergency-services regimen around the world.

Central Canada

Instant replay
As Canadian as Saturday night hockey in our homes, so too is the instant replay we see on all the great goals. Hockey Night in Canada producer George Retzlaff first pioneered the slow-mo instant replay during a 1955 broadcast. The replay broadcast several minutes after the initial play.

Pablum
A staple in any home with toddlers, pablum, the cereal paste with all sorts of nutritional value, was developed at the Toronto Hospital for Sick Children in 1930. The soft cereal, and others like it, is still widely used all over the world.

Canada Innovates

Part 2

Notice anything different? Part 2 of Metro's look at innovation in Canada is laid out with a vertical design. Not only does it enable a clean, sharp look at some of Canada's best ideas and the people who brought them to us, but it also serves a practical purpose.

The vertical layout is an idea born in the tight confines of mass transit, where you often bump elbows with your neighbour on the train or bus. Reading a paper this way can take up less space, in turn giving those around you more.

Do you like it? Send us an email at readers@metronews.ca or tweet @MetroNewsCanada with your thoughts.

Tomorrow, we punch in a few key words in our design as we look at past failures and innovative ideas for solving them.

Exclusively online

For more Canadian innovation and the full set of stories, visit our feature at metronews.ca/canadainvents

Patience, collaboration and perseverance: Four grass-root innovators come up with new solutions to old problems.

DARREN KRAUSE/METRO

4 Faces of Canadian innovation

Heather Young — Young Associates

ALLOWED UNORGANIZED GROUPS TO FOCUS MORE ON ART

At first, Heather Young didn't know much more about arts administration than the students she taught at Humber College in Toronto 20 years ago. But what she quickly learned in trying to teach sound fundamentals of arts management was that hard information on the topic was difficult to muster — let alone make available to budding artists and art groups. As good innovators often do, she saw a need and filled it. Young crafted her own materials, including Finance for the Arts in Canada, a textbook and reference guide to aid in running an arts organization. Her company, Young Associates — with a staff of 12 — now serves as a financial-management resource for 90 Toronto companies. She's soaked in years of knowledge working with arts groups in the city — something she believes is essential for innovation.

"Get to know your subject area as intimately as you possibly can," she said. "You need to know the upsides and downsides of what you're working on ... and in particular the gaps in the available supports."

Arts

Dr. Michael Montgomery — Kinetica

HELPED BUILDINGS STAND UP TO EXTREME WEATHER

Engineering

In his words, it's a simple application for a long-standing problem. Working on his PhD at the University of Toronto, Dr. Michael Montgomery was looking for ways to safely limit the vibration of buildings in earthquake and high-wind situations. Montgomery sought to replace stiff, mediocre-performing reinforced concrete with high-damping rubber in between steel plates throughout the structure of the building, effectively absorbing energy triggered by high winds or earthquakes. The technology has been used elsewhere, but never caught on in North America. Montgomery refined the configuration of an older system, which was initially retrofitted to an extent in the World Trade Centres back in the 70s, to come up with a new solution for modern buildings.

"One of the key things for this (innovation), was to be practical," said Montgomery, who is now CEO of the Toronto-based company Kinetica. "If you understand an industry very well, and you know what's currently lacking, it's a lot easier to develop something practical and meaningful."

Christine Causing — Edmonton Next Gen

HELPED GENERATE CREATIVE IDEAS THROUGH CONNECTING CREATIVE MINDS

Ideas are aplenty. But bringing like-minds together helps incubate those ideas and connect people with partners who can really make things happen.

That's the idea behind successful Pecha Kucha events like those held in Edmonton, under the leadership of Christine Causing, co-ordinator for Edmonton Next Gen.

Next Gen's mandate is to create "a hub for connecting people, places, community and ideas together," something Causing believes is essential for an idea to move forward.

"It's all about exposure for ideas," said Causing, who has helped steer 14 successful Pecha Kuchas since 2007, with a 15th slated for the first week of March. "It starts a whole conversation about an issue or an idea or even something city council should be doing."

Sometimes it's the planting of a seed, said Causing, sometimes it's a conversation, or awareness about something happening in the community. Creating a space where ideas and individuals collide stimulates further innovation. "It brings people together to share ideas," she said. "You can meet people who are directly involved in making things happen in the city." For more information, visit edmontonnextgen.ca.

Collaboration

Terry Bigsby — Aspenware

MADE CANADIAN MEALS MORE GREEN BY INTRODUCING ECO-FRIENDLY CUTLERY

For woodshop instructor-turned-entrepreneur Terry Bigsby, innovation was a long-term labour of love. In 1997, Bigsby saw the merit in a German wood cutlery product for its eco-friendly qualities, but got a rude awakening when he travelled to the Fatherland only to hear the $50 million price tag to import the technology to Canada. That's when he set to work on a made-in-Canada solution.

Multi-award-winning Aspenware's compostable, single-use wood cutlery is textbook innovation. Bigsby's team of 15 collaborated over the next decade to develop a worldwide patented process to produce biodegradeable wood cutlery faster, more efficiently and using source material typically not desired in the production of wood tools. He now produces cutlery 10 times faster than the German system he sought 15 years ago. Bigsby, president of the Vernon, B.C.-based company, said he could talk for hours on the lessons he's learned being a passionate innovator — from being ready for the "curve ball" to not being greedy. The one piece of advice he believes is most valuable for innovators is to see things through."It's the stick-to-itiveness," he said. "If you have an idea that has value and merit — stick to it." Visit aspenware.ca for more info.

Manufacturing

One in 4 Canadians owns a tablet

Usage trends. Survey finds we're most likely to use these 'mobile' devices at home

The iPad is still king; those addicted to their tablets read more news and watch more streaming video; and the popular gadgets are used mostly at home, even though they're often called "mobile" devices, says a new report that details how Canadians are adopting and using tablets.

The report by the Media Technology Monitor, a research product of the CBC, says an estimated 26 per cent of the population had a tablet as of last fall. Tablet ownership had more than doubled in a year and was up from just five per cent in the spring of 2011.

Of the tablet owners, almost two-thirds had an iPad, while about 15 per cent each had purchased either a BlackBerry PlayBook or Google Android device. Owners of iPads were found to be the most enthusiastic about their purchase. While a vast majority of all tablet owners said they would definitely or probably recommend their device to family and friends (86 per cent), the numbers were even higher for those with an iPad, at 91 per cent.

About 61 per cent of iPad owners said they would definitely recommend their tablet, compared to 44 per cent of other tablet owners.

THE CANADIAN PRESS

Homebody habits

82%

Tablets may be classified as mobile devices, but people largely use them at home. The survey found 82 per cent used tablets most around the house, compared to just eight per cent at work, two per cent at school or while travelling, and one per cent either in a coffee shop or restaurant, in the car, or on public transit.

Tablet ownership in Canada has more than doubled in the space of a year, according to a Media Technology Monitor report.

CHRISTOPHER FURLONG/GETTY IMAGES

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Consumers in denial. Keep taking our pennies — please?

Nearly three-quarters of Canadians want retailers to keep accepting the one-cent coin even though it's being phased out, a new survey says.

The Bank of Montreal poll found that 73 per cent of Canadians expect retailers to keep taking pennies — regardless of the circumstance or amount of their purchase. And 59 per cent say small businesses should adjust their prices to benefit the consumer.

"Business owners are completely aware that they don't want to inconvenience customers; they want to maintain their relationships," said Joe Collura, a small business area manager with BMO in Toronto.

Retailers who decide to no longer accept pennies as part of cash payments will have to round up or down purchases to the nearest five cents. However, electronic transactions would still be registered in cents. The online survey was conducted by market research firm Pollara between Feb 7 to 10 with a random sample of 1,400 adult Canadians. THE CANADIAN PRESS

Retailers' choice

- The Royal Canadian Mint has officially ended its distribution of one-cent coins to Canada's financial institutions, but businesses can still accept the pieces as long as they choose.

Cross-country recall

E. coli found in Safeway frozen burger patties

Health officials are investigating another massive cross-country beef recall after frozen burgers sold by Canada Safeway Ltd. tested positive for E. coli bacteria.

Several Safeway-brand burgers are being examined, including Gourmet Meat Shoppe Big & Juicy Burger, Gourmet Meat Shoppe Prime Rib Burger and Butcher's Cut Beef Patties sold in packages of 10, 20 and 40.

The investigation was sparked after two people in Ontario and Manitoba became ill and tested positive for E. coli on Feb. 13.

THE CANADIAN PRESS

Market Minute

DOLLAR
98.30¢
(-0.53¢)

TSX 12,714.05 (-96.16)

OIL $94.46 US (-$2.20)

GOLD $1,578 US (-$26.20)

Natural gas: $3.28 US (-1¢)
Dow Jones: 13,927.54 (-108.13)

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A 'BOONE' FOR BACHELOR DECOR

HE SAYS...
John Mazerolle
metronews.ca/voices/he-says

A friend recently visited my apartment for the first time. She made note of my bare, white walls, my mattress lying directly on the floor, my rooms devoid of paintings, plants or pillows and asked: "Oh, when did you move in?"

I paused: "Three years ago."

Her stare was as blank as the walls.

At first I was embarrassed. I thought to myself, "Self, you need to decorate your bathroom with more than a toothbrush. You need more than five spices to spice up your kitchen. In the living room, you need fewer pizza boxes and more pizzazz."

But I changed my mind when I looked online. Most decorating sites showed bachelor apartments that were attractive, yes, but were also huge, immaculately decorated and overlooking some cityscape or other. These were the kinds of places where you need to use a remote control just to reveal where the TV is hidden. Even inexplicably rich characters on New York-based sitcoms couldn't afford these places. These are, at minimum, lairs for Bond villains.

My embarrassment faded. My current apartment was just fine, thank you.

I still see the value of a nice apartment, mind you, but I think a few easy changes can make all the difference, as you'll see.

John's Tips for Bachelors for Decorating for Cheap for Dummies

How to add a touch of class

Empty wine bottles can look handsome in any living space ... a collection of Boone's Farm shows an under-the-shirt, over-the-bra touch of class that will impress guests who didn't even know you could make wine from mountain berries.

1) Empty wine bottles can look handsome in any living space. For instance, a collection of Boone's Farm shows an under-the-shirt, over-the-bra touch of class that will impress guests who didn't even know you could make wine from mountain berries.

2) Don't like the colour of your bathroom tile? Wait.

3) Savvy decorators use floating shelves to show off mementos, such as commemorative quarters or favourite Bazooka Joe comics. IMPORTANT: Please note that floating shelves do not float, despite the name. Some of us learned the hard way.

4) If you find an infestation of insects, remember that they add personality and much-needed hijinks, unless Disney and Pixar have been lying to us all these years, which seems unlikely.

5) A mirror will make your place look bigger to simpletons. Have guests over and leave them thinking you're twice as popular as you are, but don't let them wander off to the "party" in the "second living room."

6) Mirror not fooling you? Make your space seem bigger by getting wee furniture and whistling The Friendly Giant theme all day.

As you can see, making your bachelor pad a happy place is mostly about attitude.

The austere walls of my apartment are minimalist art, I've decided, an unadorned white canvas upon which you can project your great hopes (world peace) or your worst fears (ghost in a snowstorm).

Or perhaps it's a cultural critique of materialism — why do mattresses need elevation, really, except as a sign of our Western insecurities?

Or maybe it's cutting-edge fashion, with the cool, clean lines bringing to mind the futuristic esthetics of a Constitution-class starship. (Nothing says 'I'm a bachelor' like passing references to Star Trek technology.)

The real trick is seeing things in the right light. So if you still hate your place, wait till night, turn off all the lights, and pretend you live some place better.

And if you're still not happy, there's always Boone's.

Birds of the weather

CHINAFOTOPRESS/GETTY IMAGES

For all the snow in China

Guard's break shapes up nicely

This man took his eye off the bank he was minding to do something a little more creative. Security guard Du Jinqian made the most of recent wintry weather in Hangzhou, eastern China, and crafted some dainty birds out of snow. During a work break, he built over a dozen snow chickens and one snow goose on the steps of the bank.

METRO

Tallying winter's toll

60 cm

Heavy snow has fallen across eastern China, causing disruptions to airports and roads. Some 60 cm of snowfall led to the closure of Nanjing Lukou International Airport for more than 12 hours.

90

Ninety houses collapsed and 114 others were damaged due to heavy snow.

$13.38M

The resulting economic losses totalled $13.38 million, China Radio International reported.

Assembly required

At work: Fruit peels and a cocktail stick

To create his avian masterpieces, Jinqian used snow and ice collected from nearby parked cars. The guard added discarded bits of fruit and other food items to form the sculptures' eyes and beaks. Jinqian used what looked like a long wooden cocktail stick to provide the finishing touches to his handiwork. Passersby stopped to take photographs of the guard.

METRO

The Hangzhou of it

- **Wealth.** Capital of Zhejiang Province. With its fertile farmland, Zhejiang is China's wealthiest province.
- **Famous visitors.** Marco Polo described Hangzhou as "the greatest city which may be found in this world."
- **'Protestant' work ethic.** Reports claim Hangzhou's famed entrepreneurial spirit is due to the high number of Christians living there.

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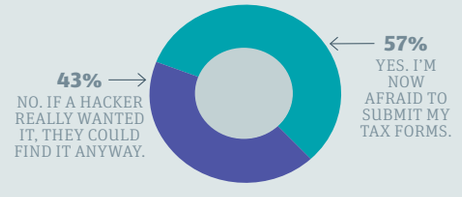

Twitter

@celli_beans: Today's light snowfall shall hence forth be known as "the fluffening". #yyc

@SH_Tucker: Today's train smells like moth balls, morning vodka and shame.#yyc #calgarytransit

@petrodude_Sooo: I should finally throw out that #blockbuster #video card from my wallet.. But we been through so much #yyc

@amandamhamilton: My GPS may as well display babies doing the Harlem Shake while driving in Tuscany. #Useless #YYC

@iainmartin3: The Tims in downtown #YYC is rammed full of people tweeting that Tims is rammed full of... #rolluptherim

@mdagesse: You know it's getting nice out when the food trucks come out to play #yyc #foodtrucks #summerlove

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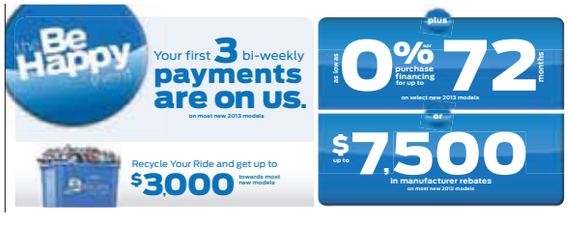
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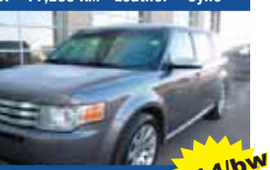

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• 86,780 KM • Ecoboost • Nav

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C-2067A • 113,600 KM • V8

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2011 Ford TRANSIT CONNECT
DK-206A • 73,239 KM • XLT • A/C

$19,995 — $162/bw $0 DOWN

2009 Dodge GR. CARAVAN
13545 • 55,033 KM • SXT • DVD System

$16,999 — $139/bw $0 DOWN

2007 Ford FOCUS
10947-A • 84,022 km

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Calgary country rock charmers Cowpuncher are scaling back their live appearances after one more gig at the New Black Centre in Inglewood on Sunday. DAVE FLEWWELLING, MOLOICH PHOTOGRAPHY LTD.

Cowpuncher out to pasture

Country rock. Calgary group take it down a notch after being in heavy rotation on the local music scene

BACKSTAGE PASS
Lisa Wilton
calgary@metronews.ca

There's a fine line between building up an audience and wearing out your welcome.

It's an issue facing many local bands as Calgary's relative isolation makes it difficult and expensive for musicians to travel out-of-town on a regular basis.

Matt Olah, frontman of country rock bootstompers, Cowpuncher, is conscious of the less-is-more rule. And despite a sizeable local following, he's scaling back his band's Calgary shows after one more gig this Sunday.

"A bouncer at Broken City once said to me, 'You're the only guys I know who can play four times a month and get four different kinds of crowds out. That's unheard of,'" says Olah.

"And yeah, it's true. It is unheard of and you can't do that forever. We want to back off from overplaying. We're trying not to wear out our welcome and I think we're on the edge of that."

Formed in 2005, Cowpuncher went through several personnel changes before the current lineup of Olah, Ryan Kelly (baritone guitar), Scott Martin (guitar), Harley Hoeft (upright bass) and Jeff Sulima (drums) solidified about a year and a half ago.

The bluegrass-heavy O Brother, Where Art Thou? soundtrack and the dusty cowboy country of Alberta singer Corb Lund were early influences on Cowpuncher, but Olah says his musical vision has widened since hooking up with more serious players.

"When I stopped trying to control where the band was going, the songs and the live shows started getting better," he says.

Olah has also let go of some of the songwriting duties, handing them off to Hoeft.

"Harley's been stepping up," says the 37-year-old singer.

"It's neat not to have that ownership part. But it's also nice to fight for what's good in a song."

In addition to plotting a short tour out west this spring, Cowpuncher has been writing and recording new songs, though Olah admits he's not sure where the tracks will end up.

"I'm not super into CDs," he says.

"That said, it's only young kids who are into vinyl. You play a place with a bunch of 50-year-olds and they're like, 'Why would I spend $10 on two songs (on a 7 inch record) when I can spend $10 for 13 songs on a CD?

"I'm a little torn about the whole album thing."

Cowpuncher fun facts

- The band has two full-length CDs — 2010's The Brown Album and 2011's Call Me When You're Single, as well as its latest 7 inch vinyl single, Hooscow.
- Guitarist Ryan Kelly used to end up half-naked during gigs so often that the rest of the group banned him from removing his shirt.

Cowpuncher plays Sunday with Vancouver band Beekeeper at The New Black Centre for Music and Art (200, 919 – 9 Ave. S.W.) The show is all ages and tickets are $10 at the door.

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Man claims daughter is Spears' ghost singer on new album

Britney Spears is no stranger to charges that she lip-syncs during concerts and awards show performances, but now the former X Factor judge is accused of lip-syncing in the recording studio, according to Star magazine. "My daughter sings for Britney Spears," Murray Langston tells the magazine, claiming that his daughter, Myah Marie, sang seven songs for Spears on her Femme Fatale album — and was only paid $1,000 per song. "The truth is, Myah can sound just like her. She has a knack."

Britney Spears. ALL PHOTOS GETTY IMAGES

Alec Baldwin

Baldwin denies racist spiel against photog

Alec Baldwin is vehemently denying allegations that he peppered a paparazzo with racial epithets during a heated exchange outside his Manhattan apartment, according to E! News. A photographer working for the New York Post claims that Baldwin called him "a crackhead," "a coon" and "a drug dealer" during the altercation. "The claim of racist remarks is one of the most outrageous things I've heard in my life," Baldwin says. "I've certainly had my moments. But this is not one of them. I don't think I've ever uttered a racial epithet to someone in my lifetime."

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

MAC and Rihanna team up

THE WORD
Dorothy Robinson
scene@metronews.ca

Face it, this is Rihanna's moment. The pop star dazzled in Azzedine Alaia at the Grammys, made headlines with her controversial date, Chris Brown, and launched her first collection with U.K. high street retailer River Island during London Fashion Week. Yesterday — on her 25th birthday, no less — it was announced that she's teaming up with MAC cosmetics on four collections that will hit stores later this year. It's the first time the cosmetics giant will collaborate with one celebrity on multiple lines.

According to an exclusive interview with WWD, the first product up will be RiRi Woo, a lipstick inspired by MAC's best-selling red, Ruby Woo, Rihanna's favourite.

So how does the pop star feel about all the multitasking? "Being creative is something that I love, so I can put that into different outlets. Music happens to be the first thing that I gravitated to and now music opens doors to just so many different opportunities — they all tie in," she says. "My makeup looks, my fashion looks … they help me to express myself as an artist. I think it helps people to understand me or my mood, my story."

Did you hear that? Apply RiRi Woo and apparently you'll understand why she's still with Chris Brown.

Twitter

@TheRealRoseanne
givng my first interview to high times this week.

@Rosie
We Stanley steamed a carpet - and now the house smells like my Nanas toni home perm - from 1971

@Pink
Mary Poppins is f---ing incredible. Still. Julie Andrews dammit. You just made my lullabies look like a sad sad semi-hoarse karaoke sesh.

@AlbertBrooks
"Can't wait to see A Good Day to Die Hard" said the man who fell off a motorcycle and really hurt his brain.

Mila Kunis

Kunis game for a That '70s Show reunion

If Mila Kunis' current relationship with Ashton Kutcher didn't make it clear enough, the actress says that yes, she is up for a full-on That '70s Show reunion. "I'm more than game for it," she tells E! News. "I've said it before, I would love to do it. Why not? I loved it. It was eight years and they were eight amazing years of my life." The kitschy sitcom went off the air in 2006 after airing 200 episodes. Kunis and Kutcher continue to be the most successful members of the show's young cast.

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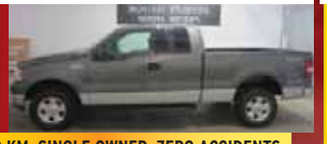

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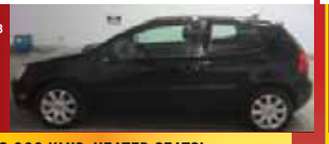

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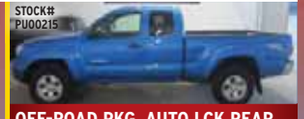

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A model walks the runway at the Vivienne Westwood Red Label show during London Fashion Week Fall/Winter 2013/14 at the Saatchi Gallery on Sunday. IAN GAVAN/GETTY IMAGES

Welcome to the wild world of Westwood

Vivienne Westwood. The designer gives Metro a pre-show interview during London Fashion Week

RICHARD PECKETT
life@metronews.ca

Well, aren't London's galleries having a moment in London? Playing host are Tate Modern, Tate Britain and now the Saatchi Gallery in swanky Chelsea. The area is about as punk as Prince Charles these days, but it used to be home to Vivienne Westwood and Malcolm McLaren's "Sex" shop in the '70s.

I'm here to speak to Vivienne Westwood. Easier said than done, seeing as the PR reps have obviously taken tips from North Korea when it comes to media access. Ninety minutes pass by and the excitement amongst camera crews and reporters begins to wane (there are no chairs) and then she arrives. Has anyone been this excited to spend just a few minutes with a 71-year-old dame? I doubt it.

What kind of statement are you trying to make with this collection, particularly in relation to Julian Assange?
This collection's not got any strong political statement in itself — it's just here to help people look more attractive and more glamorous. I expect the message for the fashion is "quality is more important than quantity." Buy less, choose well, make it last.

Designer Vivienne Westwood wearing a Julian Assange T-shirt. IAN GAVAN/GETTY IMAGES

The other thing is, I always use my fashion as a platform to talk out against the problems we face, which are so urgent at the moment. The most important thing is public opinion, which makes politicians change — particularly the message about climate change.

Climate change is caused by the rotten financial system we've got and we can all see what it's doing now. It's making everybody poorer, it's making a few people richer and that's what this system is designed to do and it destroys the earth. And we will not get a different set of values and a better economic system unless we tackle our problems through climate change. What is good for the planet is good for the economy. That's my message.

Are you anti-capitalism?
I don't know. This is something we have to work out. I mean, for example, there's far too much manufacturing in the world of total rubbish. If we want money to circulate, you could pay people not to work, which we do anyway, or you could make more money by paying teachers, for example. And yet, we are cutting down on all those things so that we can continue our old way of doing things, which is to manufacture so a few people can cream off the profits, destroy the earth and destroy the livelihoods of everybody else in the world.

Juergen Teller's latest exhibition features nude images of you. Do you find nudity liberating?
Well, thank you for the question. The thing is, I've worked with Juergen quite a bit. I do a lot of things for other people and Juergen asked me and of course I owe him a favour. He's a great photographer and we've had wonderful results from his stuff. And I must say that I'm quite honoured by the photographs — they are alright.

Would you ever do an interview naked?
No, not unless … no, not even for Juergen. There's no point, is there?

To what extent is sex a factor in your work?
Well, my husband would love to have all the models naked just like the photographs of Helmut Newton. He just thinks they're amazing.

Savoury and very saucy: Hunter's Chicken

This recipe serves four. JEFF COULSON

"Perfect for a cold night, this stew offers plenty of protein from the chicken and beans," write the editors of The Affordable Feasts Collection. "Polenta is the ultimate inexpensive side dish."

1. In nonstick skillet, heat 2 tsp of the oil over medium-high heat; brown chicken, about 8 minutes. Transfer to plate.

2. In same skillet, heat remaining oil over medium heat; cook onion, stirring occasionally, until softened, about 5 minutes. Add mushrooms and garlic; cook, stirring occasionally, for 3 minutes.

3. Stir in chicken broth, tomatoes, beans, tomato paste, Italian herb seasoning, salt and chicken and any accumulated juices; bring to boil. Reduce heat and simmer until thickened, 15 minutes. Stir in parsley.

4. Polenta: Meanwhile, in saucepan, bring 6 cups water to boil. Whisk in cornmeal, salt and pepper; simmer over medium-low heat, stirring often, until thick and stiff to stir, 10 minutes. Stir in butter.

Ingredients

- 1 tbsp olive oil
- 8 boneless skinless chicken thighs, cut in 1-inch (2.5 cm) chunks
- 1 onion, chopped
- 8 oz (225 g) button mushrooms, sliced
- 3 cloves garlic, minced
- 1 cup sodium-reduced chicken broth
- 1 cup bottled strained tomatoes (passata)
- 1 can (19 oz/540 mL) white kidney beans, drained and rinsed
- 1 tbsp tomato paste
- 2 tsp Italian herb seasoning
- Pinch salt
- 1/4 cup chopped parsley

Creamy Polenta

- 1 2/3 cups cornmeal
- 1/4 tsp each salt and pepper
- 1/4 cup butter, cubed

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Cookbook of the Week

Eats that are easy on the wallet

When there's no room in your budget for luxuries, you can still eat like royalty, thanks to The Affordable Feasts Collection by The Canadian Living Test Kitchen. Each chapter of the book focuses on a specific type of ingredient that's always reasonably priced: Red Meat, White Meat; Eggs, Beans & Tofu; Pasta, Noodles & Rice and Hearty Vegetables. As a result, among the affordable delicacies are: Steak alla Pizzaiola, Pork Chops with Peppered Apples, Grilled Peanut Tofu Salad, Italian Stovetop Mac & Cheese, Sweet Potato Perogies and more. METRO

Side. Roasted Roots Salad

1. Trim tip off garlic and cut beets, carrots, sweet potatoes and celery root into 1-inch (2.5 cm) cubes; place in large bowl. Add oil, salt and pepper; toss to coat. Spread on large greased or foil lined rimmed baking sheet; roast in 425 F (220 C) oven, stirring once, until tender and potatoes are golden, 45 minutes.

2. Dressing: Squeeze roasted garlic pulp into salad bowl. Add mint, oil, vinegar and salt; mash together. Add vegetables; toss to coat. Serve hot.

Ingredients

- 1 head garlic
- 4 beets, peeled
- 4 carrots, peeled
- 2 sweet potatoes, peeled
- 1 celery root (or 4 potatoes), peeled
- 3 tbsp olive oil
- 1/2 tsp each salt and pepper

Dressing

- 1/4 cup chopped fresh mint (or 1 tsp dried)
- 2 tbsp olive oil
- 2 tbsp balsamic vinegar
- 1/4 tsp salt

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Entertain indoors or out in style

Entertaining outside hasn't quite arrived in Canada, but checking out what's new in summer entertaining gear is making me pray harder for the warm weather to come as soon as it can. This spring, look for bright citrus or Moroccan colours, a variety of matte and glossy finishes and inventive design styles being offered with acrylic and melamine tabletop. Chic looking enough to use inside or out, but with a price that won't break the bank, there's no excuse for boring summer entertaining. Get into the stores and stock up on some fun outdoor party gear and host a pre-summer patio party indoors — a great way to test some summer cocktails in style.

KARL LOHNES
life@metronews.ca

Stackable beverage dispenser with ice keeper

Serve a variety of chilled, pre-mixed drinks with an acrylic portable beverage station this spring; a great item for outside, but think of its year-long conveniences next Christmas too. $80, thebay.com.

Clothespin Chopstick

Add some exotic, yet practical flair to your outdoor picnics with CB2's easy-to-use version of the chopstick. Yes, even grandma can now eat sushi. $5, cb2.com.

Rhode Acrylic Goblet

Modern and durable, smoke-coloured drinkware add a sophisticated statement to the outdoor table. $6.50, crateandbarrel.com.

Zak Orange Dinnerware

Bright citrus-coloured melamine dishes add a punch of satin colour to the table. $5 to $7 each, bedbathandbeyond.ca.

Zebag Wine Bottle Carry Case

Carry and display your wine in high style, this Zebag Wine Bottle Carry Case rolls out to display your wine. $70, thebay.com.

Viva Collection Tray

Exotically colourful trays add a punch of style to the table. $25, sears.ca.

Worried about what lurks in food dyes? Make your own

How do I make my own food dyes?

QUEEN OF GREEN
Tovah Paglaro
green@metronews.ca

There is still a debate about the health effects of FDA-approved food dyes. ISTOCK IMAGES

Artificial food colouring — found in a variety of pre-packaged foods and purchased in plastic bottles to make baking technicolour — has been a cause for concern since the 1970s.

Although the potential effects linked to food colouring include scary associations — brain cancer and thyroid tumours — one commonly cited critic is an allergy-like reaction that causes hyperactivity.

Recurrent adverse health effects in the U.S. shrunk the list of approved food dyes from 15 in 1938 to the seven that remain today and although they've recently called for more research in this area, for now, the FDA holds that the food dyes on the market are safe. Health Canada concurs.

But not everybody does. A 2007 British study found that healthy children who consumed a mixture of common synthetic dyes displayed hyperactive behaviour within an hour of consumption. In the U.K., foods containing artificial colours must now display warning labels.

Moreover, concerned individuals — especially parents — are taking action. The average kid-diet is loaded with food dyes, but the industry lacks in standardized labelling practices, leaving consumers to fend for themselves.

So what's a proactive citizen to do when occasions call for pink cupcakes? Some people are turning to organic foods, which by definition are free of synthetic dyes. Others are voicing their concerns to food manufacturers and elected officials.

Still others are taking a DIY approach and making their own food dyes. It's easier than you think.

Easter's around the corner and the pastel hues of spring are the perfect trying grounds for homemade food dyes, which generally have a less vibrant tone than their artificial counterparts.

Use these recipes to colour frosting or bake into a favourite treat. Because natural food dyes are less concentrated than synthetic dyes, you might need more colour than usual to achieve your desired tone. Reduce other wet ingredients slightly to avoid soggy results.

Regardless of colour, the steps are the same.

Method 1

In a pot combine any of the following colourful foods — chopped or grated — with just enough water to cover it. Bring to a boil for 15 minutes. Drain and cool. This results in a mild colour and almost no residual flavour.

Method 2

Juice or puree any of the following ingredients. This results in a more intense colour, and also a more intense flavour!

Red/pink: Beets, cranberries or raspberries (fresh or frozen), red zinger tea.
Yellow/orange: Carrots, onion, turmeric or saffron (Do not boil spices. Mix with water to make a thick past.)
Green: Spinach (puree it, don't cook it), matcha powder, liquid chlorophyll
Blue: Blueberries (fresh or frozen)
Purple: Red cabbage

To dye eggs with your homemade colours, add a tablespoon of vinegar to a cup of dye. The vinegar acts as a fixative and yields nice bright colours, sure to please the most discerning of Easter bunnies.

Clothes need to dry naturally — a dryer can damage them. ISTOCK IMAGES

Be patient and let your clothes dry off

What is the best way to dry wet winter clothing? Can I just throw everything in the dryer or do I have to let it stand and dry on the radiator? Please help!

CHARLES THE BUTLER
askcharlesthebutler@metronews.ca
For more, visit charlesmacpherson.com

Yes, it is very important to dry winter clothing when you come in for several reasons.

First, putting on wet clothes is uncomfortable and does not keep you warm, and secondly, the wet clothing that does not dry out damages much faster. So what to do?

Ideally, you should find some space to hang the clothes, ensuring they don't touch anything else. A portable clothing rack is a good choice.

If you put them in the dryer or over a heat source you will damage the item very quickly.

So be patient, let the warm air of your home circulate around the garments and they should dry correctly and giving you longevity with your winter garments.

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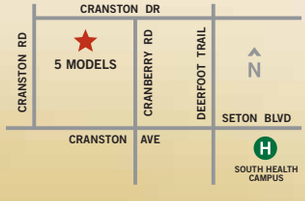

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Matt Muenster is host of DIY Network Canada's Bath Crashers. HANDOUT

Bathrooms: the space that deserve as much TLC as you do

Peace, love, bathe.
Those little extras count for so much more in the bathroom

Though creating an in-home oasis can be stressful, it will pay off with long relaxing bubble baths in your newly re-vamped getaway. Embrace you inner Matt Muenster, host of Bath Crashers, and create your dream bathroom with a few simple tips.

Bathrooms tend to have minimal storage space for those unsightly toiletries. Add wall shelving where you can to display your more attractive bathroom accessories as well as things you use daily (lotion, hair accessories).

If you are blessed with a larger washroom, consider adding a storage bench or cabinet. This can be customized to reflect your own stylish flare and create extra space for items such as towels and/or blankets.

Bathrooms are the room in your home that people use most, including guests, so why not incorporate some unconventional decor to set you apart. Wall art and paintings are an easy fix.

"Wall candy" is a new trend and an amazing way to bring in a modern and fun twist (most art stores and big-box stores carry these items). You simply peel off the art and stick it to your wall, Voila! Paintings are an effortless way to add personal taste to your bathroom.

You can also add some humour to the room with bathroom-themed art such as outhouses to inject personality.

The little extras count in the bathroom and can add big style points. Beautifully crafted candles, potpourri, and fresh cut flowers introduce natural scents that are inviting to those who enter.

Other decor items can include a small radio to play relaxing music while taking a bath, a heat lamp to keep things toasty while getting dressed (as well your cats will love you), his and hers towel racks (kids can have their own too), and bathroom themed knick-knacks for your newly installed shelves.

Refresh your colour scheme by buying new towels, rugs, bath mats, shower curtains and cloths.

When creating a modern washroom it's important to consider a mix of materials such as wood, glass and ceramic.

This will please all eyes and tastes in your home. You may even inspire bathroom visitors for their next home DIY project.

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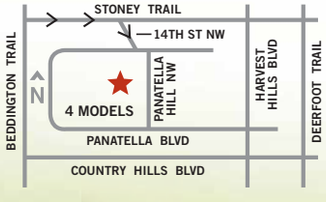

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BALANCED CONDITIONS

SINGLE-FAMILY NEW LISTINGS HELP SUPPORT SALES IN CALGARY REAL ESTATE MARKET

Although 2013 started out strong for residential real estate sales in the city of Calgary, numbers are still well below peak levels seen in 2003 to 2008 for the month of January, according to experts.

"While activity is typically slower in the winter months, recent improvements in single-family new listings helped support improved sales in that market," Becky Walters, Calgary Real Estate Board president, says in a release.

"Overall indicators put the market in balanced conditions."

A report from the Calgary Real Estate Board (CREB) states that sales in January 2013 are 15 per cent over the same month in 2012. The number of new listings in January 2013 remained about the same as the same time last year, but still nowhere near the levels Calgary saw in 2007.

"Inventory levels have improved relative to December, as is the seasonal trend," Walters says.

The slight improvement in listings helped support sales growth, although inventory levels remain down by double digits. The lower level of inventories can pose a challenge for buyers, as they will have to make their decisions more quickly than they have over the past four years.

JUPITERIMAGES/CREATAS/THINKSTOCK

"However, this is by no means a signal that the seller has the advantage," Walters says. "Consumers are fairly price sensitive and look for value in their purchases."

Other factors will contribute to the real estate market in 2013, including migration patterns and employment rates in Calgary.

"There is cautious optimism over the economic situation in Calgary," says Ann-Marie Lurie, CREB's chief economist.

While energy companies face market access challenges, several options are being considered to reach more diverse markets, she says.

"If some of these options are economically viable and pass regulatory approval, this would support economic growth moving forward," Lurie says.

Although unadjusted benchmark prices for apartments, condos and single-family homes have increased since a year ago, there has not been a lot of movement since December 2012.

"Prices have improved in the Calgary market, but, as always, it is important to keep some perspective on this," Lurie says.

"While January's year-over-year increase seems significant, price recovery occurred in the spring months of 2012 under tighter market conditions and home prices levelled off for the remainder of the year."

Lurie says Calgary can expect to see moderate sales and house price growth throughout 2013, according to the real estate board's annual forecast.

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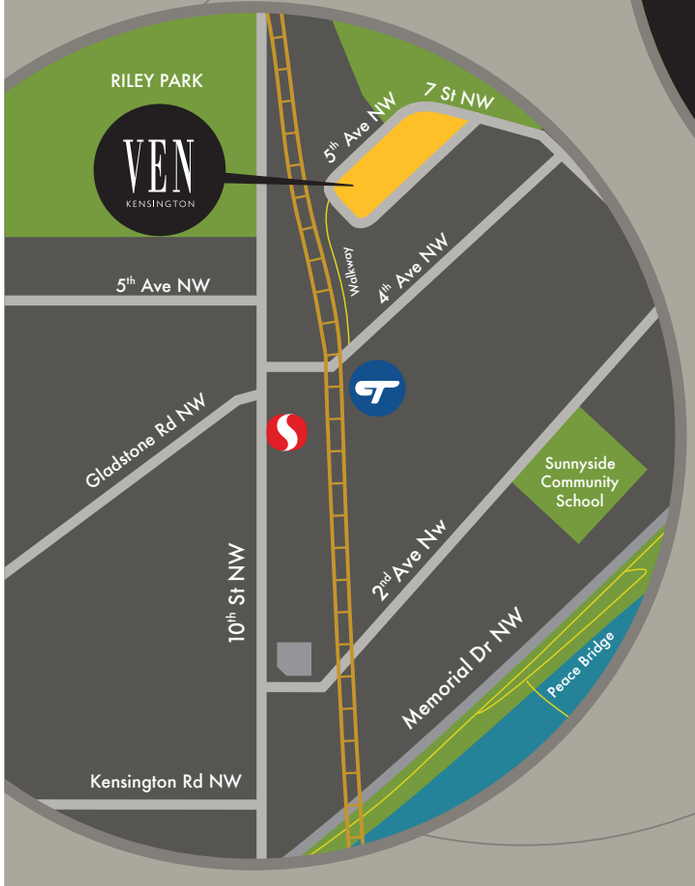

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NEW BRIGHTON

NEW BRIGHTON PHOTO

When John McCormack was looking for a community to build his new home, the answer was clear to him — New Brighton.

For McCormack, New Brighton had everything he was looking for to suit his lifestyle and at a price that met his budget.

"It is just nice to be a bit out of downtown and not in the middle of nowhere," says McCormack, a 28-year-old managing partner in an electricity company.

It wasn't McCormack's first time owning a home, but it was his first time building with a homebuilder. McCormack found he was quickly outgrowing his old bungalow and wanted to upgrade to a move-in ready home with more space for himself, his dog and his roommate.

After spending four of the last five years renovating his old home, he wanted a space where he could just come home and relax, instead of worrying about another home project to tackle.

McCormack said working with Cedarglen Homes (the homebuilder he chose to build his new home), was enjoyable and made the homebuilding process stress-free.

"Everything went perfectly," McCormack says.

Although McCormack is happy and settled in his new home, he jokes that he does wish he had spent a little more money on getting a few more luxury features. He did make sure to get one of the most important features in his new home though, an attached garage.

"I don't think I could have lived without it," McCormack says.

Another big selling feature for McCormack was the New Brighton Club — a 6,500-square-foot community centre, complete with sports courts, outdoor hockey rink and water park.

"I love the New Brighton Club. I was actually just out there this past weekend playing hockey with some friends," McCormack says.

Aside from the New Brighton Club, McCormack says New Brighton has a number of great walking trails, parks and access to shopping. He is also happy with the number of schools in the area, as it is an area he would be happy in which to raise a family.

For more on New Brighton and the homes available, visit livenewbrighton.ca.

PRIME LOCATION

Located near Deerfoot Trail and 52nd Street, New Brighton is just minutes away from schools, shopping, recreational facilities, other community services and the new Calgary South Health Campus in Seton, making it a prime location in Calgary's southeast.

New Brighton offers a range of starter and move-up homes by a number of great builders to meet almost every budget.

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Tennis

Marino halts career due to depression, touring lifestyle

A loss of passion for professional tennis and a battle with depression prompted Canadian star Rebecca Marino to apply the brakes to her career for the second time in less than a year.

Marino revealed Wednesday she's receiving treatment for depression, but said her primary reason for stepping away from tennis again is she no longer wants to live the isolated, nomadic life of a pro.

THE CANADIAN PRESS

Rebecca Marino THE CANADIAN PRESS

Cycling

Armstrong won't go under oath to reduce lifetime ban

Lance Armstrong will not interview under oath with the agency that exposed his doping and took his seven Tour de France titles.

The U.S. Anti-Doping Agency told Armstrong he would have to reveal all he knows about doping in cycling — a process officials expected would take several days — if he wanted to reduce his lifetime ban from sports.

Wednesday was the latest deadline for Armstrong to decide on the USADA's offer. After negotiating with the agency for two months, the disgraced cyclist refused.

THE ASSOCIATED PRESS

Manitoba skip Jennifer Jones makes a shot during 10th draw against Team Canada at the Scotties Tournament of Hearts on Wednesday in Kingston, Ont. Jones beat defending champion Heather Nedohin 8-5. RYAN REMIORZ/THE CANADIAN PRESS

Jones victorious in battle of unbeatens

Scotties Tournament of Hearts. Manitoba hands Nedohin and Team Canada their first loss, sits atop standings with Ontario's Homan

Manitoba's Jennifer Jones handed Team Canada's Heather Nedohin her first loss at the Scotties Tournament of Hearts on Wednesday, scoring two in the final end for an 8-5 victory over the defending champion in Kingston, Ont.

Jones and Rachel Homan remained tied in first place at 7-0 after the Ontario skip continued her impressive start with an 8-2 rout of Saskatchewan's Jill Shumay.

Jones used her final shot in the 10th end to tap a Nedohin stone off the button to score a pair.

"We needed to make some big shots and we made them," Jones said. "That's always a confidence booster. It's always great to have to make a last shot to win.

"It was a really good team shot. The girls swept it and we made it and it feels great going into tomorrow."

Nedohin's side missed a few shots early on but pulled to within one with a deuce in the ninth end.

"She had to make her last shot," Nedohin said. "That's a pretty good game."

Nedohin is alone in third place at 6-1. The top three rinks were off for the evening draw.

The tournament is past the midway point and teams are starting to think about potential playoff positioning. Jones and Homan are in good shape as it will likely take at least seven wins to be in the mix this weekend.

"It's nice to get that seventh win and it knocks (Saskatchewan) down with another loss so there's a little bit more separation," Homan said. THE CANADIAN PRESS

A lot on the line

The playoffs begin Saturday. The tournament winner will represent Canada at the world women's curling championship next month in Riga, Latvia.

4 SPORTS

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Voracek leads Flyers to another wild win over Pens

Flyers centre Danny Briere falls in front of Penguins counterpart Sidney Crosby on Wednesday night in Pittsburgh. GENE J. PUSKAR/THE ASSOCIATED PRESS

NHL. Forward's hat trick keys victory for Philadelphia on arch-rival's home ice

Jakub Voracek scored the go-ahead goal with 1:31 remaining in the third period to cap a hat trick and lead the Philadelphia Flyers to a wild 6-5 victory over the Pittsburgh Penguins on Wednesday.

Voracek's third goal came 33 seconds after Pittsburgh's Brandon Sutter tied the game on a wraparound as the Penguins rallied from a pair of two-goal deficits in the third period.

Voracek's first goal of the game came on the power play, giving the Flyers a 3-2 lead with 9.9 seconds left in the second period. His second, the 200th point of his NHL career, put Philadelphia ahead by two goals 18 seconds into the third period.

Wayne Simmonds had two goals and an assist and Nicklas Grossman also scored for the Flyers.

Goaltender Ilya Bryzgalov overcame a shaky start for his eighth victory.

Evgeni Malkin and James Neal scored power-play goals, while Sutter, Tyler Kennedy and Matt Niskanen also scored for the Penguins.

The Flyers capped a season-long six-game road trip with two victories. Philadelphia, which routed the New York Islanders 7-0 on Monday, struggled early on the road trip, dropping three of its first four games before recovering with two wins.

Tomas Vokoun, making his first start since a home loss against New Jersey on Feb. 10, took the loss.

THE ASSOCIATED PRESS

On Wednesday

Flyers	Penguins
6	5

NBA. Heat keep winning streak alive with hot start to fourth quarter

Miami scored the first 13 points of the fourth quarter to erase Atlanta's 10-point lead and the Heat, led by LeBron James' 24 points, beat the Hawks 103-90 on Wednesday night to extend their season-best winning streak to eight games.

Dwyane Wade scored 20 points and Shane Battier had 17, hitting three three-pointers in the final period. James had 11 assists and six rebounds but could not extend his franchise-record streak of seven straight games with at least 30 points.

Miami outscored Atlanta 40-17 in the final period after trailing 73-63 through three quarters.

Al Horford led the Hawks with 27 points and nine rebounds. Kyle Korver had 12 points, all on three-pointers.

Josh Smith had 10 points, nine rebounds and nine assists in what could be his final game with the Hawks. Smith has been one of the league's most prominent names in reports leading to Thursday's 3 p.m. trade deadline.

The Heat are 3-0 against the Hawks this season and have won six straight in the series. THE ASSOCIATED PRESS

Heat star Dwyane Wade and LeBron James enjoy Wednesday night's win in Atlanta. KEVIN C. COX/GETTY IMAGES

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NBA

EASTERN CONFERENCE

	W	L	Pct	GB
Miami	37	14	.725	—
New York	32	19	.627	5
Indiana	33	21	.611	5½
Brooklyn	33	22	.600	6
Chicago	31	22	.585	7
Atlanta	29	23	.558	8½
Boston	28	25	.528	10
Milwaukee	26	27	.491	12
Philadelphia	22	30	.423	15½
Toronto	**22**	**33**	**.400**	**17**
Detroit	22	34	.393	17½
Cleveland	17	37	.315	21½
Washington	15	37	.288	22½
Orlando	15	39	.278	23½
Charlotte	13	41	.241	25½

WESTERN CONFERENCE

	W	L	Pct	GB
San Antonio	43	12	.782	—
Oklahoma City	39	15	.722	3½
L.A. Clippers	39	17	.696	4½
Memphis	35	18	.660	7
Denver	34	21	.618	9
Golden State	30	23	.566	12
Utah	31	24	.564	12
Houston	30	26	.536	13½
Portland	25	29	.463	17½
L.A. Lakers	25	29	.463	17½
Dallas	24	29	.453	18
Minnesota	20	31	.392	21
New Orleans	19	36	.345	24
Sacramento	19	36	.345	24
Phoenix	18	36	.333	24½

Note: division leaders ranked in top three positions regardless of winning percentage.

WEDNESDAY'S RESULTS
Memphis 88 **Toronto 82**
Indiana 125 New York 91
Detroit 105 Charlotte 99
Cleveland 105 New Orleans 100
Minnesota 94 Philadelphia 87
Brooklyn 97 Milwaukee 94
Houston 122 Oklahoma City 119
Miami 103 Atlanta 90
Dallas 111 Orlando 96
Boston at L.A. Lakers
Phoenix at Golden State

TUESDAY'S RESULTS
Toronto 96 Washington 88
Charlotte 105 Orlando 92
Memphis 105 Detroit 91
Brooklyn 113 Milwaukee 111 (OT)
Chicago 96 New Orleans 87
Denver 97 Boston 90
Utah 115 Golden State 101
Phoenix 102 Portland 98
San Antonio 108 Sacramento 102

THURSDAY'S GAMES — All Times Eastern
Miami at Chicago, 8 p.m.
San Antonio at L.A. Clippers, 10:30 p.m.

NHL

EASTERN CONFERENCE

ATLANTIC DIVISION

	GP	W	L	OL	GF	GA	Pt
New Jersey	16	9	3	4	42	38	22
Pittsburgh	17	11	6	0	57	44	22
NY Rangers	15	8	6	1	39	38	17
Philadelphia	18	8	9	1	51	54	17
NY Islanders	16	6	9	1	46	57	13

NORTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Montreal	16	11	4	1	46	35	23
Boston	13	9	2	2	37	31	20
Toronto	17	10	7	0	48	40	20
Ottawa	17	9	6	2	40	32	20
Buffalo	17	6	10	1	47	56	13

SOUTHEAST DIVISION

	GP	W	L	OL	GF	GA	Pt
Carolina	14	8	5	1	41	40	17
Tampa Bay	15	8	6	1	59	47	17
Winnipeg	15	6	8	1	37	47	13
Florida	15	4	7	4	35	56	12
Washington	15	5	9	1	41	51	11

WESTERN CONFERENCE

CENTRAL DIVISION

	GP	W	L	OL	GF	GA	Pt
Chicago	16	13	0	3	55	34	29
Nashville	17	8	4	5	39	38	21
St. Louis	16	9	6	1	53	50	19
Detroit	16	7	6	3	43	48	17
Columbus	16	4	10	2	36	51	10

NORTHWEST DIVISION

	GP	W	L	OL	GF	GA	Pt
Vancouver	15	8	3	4	44	37	20
Minnesota	15	7	6	2	33	38	16
Edmonton	15	6	6	3	36	41	15
Colorado	14	6	7	1	37	43	13
Calgary	14	5	6	3	39	51	13

PACIFIC DIVISION

	GP	W	L	OL	GF	GA	Pt
Anaheim	15	12	2	1	53	39	25
San Jose	15	8	4	3	39	34	19
Phoenix	16	8	6	2	44	41	18
Dallas	16	8	7	1	41	43	17
Los Angeles	14	6	6	2	33	37	14

Note: A team winning in overtime or shootout is credited with two points and a victory in the W column; the team losing in overtime or shootout receives one point which is registered in the OL (other loss) column.

WEDNESDAY'S RESULTS
Philadelphia 6 Pittsburgh 5
St. Louis at Colorado
Los Angeles at Calgary

TUESDAY'S RESULTS
Montreal 3 NY Rangers 1
Winnipeg 2 Buffalo 1
Ottawa 3 NY Islanders 1
Tampa Bay 4 Toronto 2
San Jose 2 St. Louis 1
Nashville 4 Detroit 3 (OT)
Chicago 4 Vancouver 3 (SO)
Los Angeles 3 Edmonton 1

THURSDAY'S GAMES — All Times Eastern
Florida at Philadelphia, 7 p.m.
New Jersey at Washington, 7 p.m.
Buffalo at Toronto, 7 p.m.
Winnipeg at Carolina, 7 p.m.
NY Islanders at Montreal, 7:30 p.m.
NY Rangers at Ottawa, 7:30 p.m.
Boston at Tampa Bay, 7:30 p.m.
Columbus at Detroit, 7:30 p.m.
Vancouver at Dallas, 8:30 p.m.
Minnesota at Edmonton, 9:30 p.m.

FRIDAY'S GAMES
Florida at Pittsburgh, 7 p.m.
Vancouver at Nashville, 8 p.m.
San Jose at Chicago, 8:30 p.m.

SCORING LEADERS

	G	A	Pt
Vanek, Buf	12	13	25
Crosby, Phg	7	17	24
Stamkos, TBL	10	12	22
Kane, Chi	9	13	22
St. Louis, TBL	4	18	22
Zetterberg, Det	5	16	21
Tavares, NYI	11	9	20
Kunitz, Phg	6	13	19
Elias, NJ	4	15	19
Datsyuk, Det	8	10	18
Ribeiro, Wash	5	13	18
Malkin, Phg	3	15	18
Staal, Car	8	9	17
Moulson, NYI	7	10	17
Duchene, Col	6	11	17
Clarkson, NJ	10	6	16
Marleau, SJ	10	6	16
Lecavalier, TBL	6	10	16
Gagner, Edm	5	11	16
Thornton, SJ	4	12	16
Hall, Edm	3	13	16
Pominville, Buf	7	8	15
Toews, Chi	7	8	15
Hodgson, Buf	7	8	15
Kovalchuk, NJ	5	10	15
Sedin, Van	5	10	15
Steen, StL	4	11	15
Selanne, Ana	4	11	15
Purcell, TBL	4	11	15
Voracek, Phi	3	12	15

Not including last night's games

See today's answers at metronews.ca/answers.

Horoscopes

Aries
March 21 - April 20
Are you the forgiving sort? Probably not, but it will pay you to be a little less judgmental today, especially with people who are not as sharp-witted as you. Not everyone can be an Aries now, can they?

Taurus
April 21 - May 21
It would be nice if everyone was as honest and open as you, but they're not. So, take people as you find them and make allowances for those who fail to live up to your standards — that's just about everyone.

Gemini
May 22 - June 21
It will dawn on you today that some people don't want to be helped. So what's the problem? If others want to wallow in their own despair just let them. It's not really any of your business after all.

Cancer
June 22 - July 23
Let your imagination lead you in new directions today. As you think now so you will be later on, so give your mind permission to roam and don't worry that you may not accomplish much of a practical nature.

Leo
July 24 - Aug. 23
Put other people's needs ahead of your own today, even if you end up out of pocket. A few dollars here or there won't make much difference to you but it could make all the difference in the world to them.

Virgo
Aug. 24 - Sept. 23
If you have not yet reached your goals don't give up hope — and certainly don't blame it on other people. Be honest with yourself about where the blame lies and redouble your efforts over the next few days.

Libra
Sept. 24 - Oct. 23
You have everything to look forward to and nothing to fear. No, really! Whatever the reason for your doubts and fears, you must not waver from the tasks you have set. Keep going. You're almost there.

Scorpio
Oct. 24 - Nov. 22
Someone who fears or resents you will place obstacles in your path today and you would not be human if you did not feel a bit angry about it. But don't let your feelings show because that's what they are hoping.

Sagittarius
Nov. 23 - Dec. 21
Someone you love is finding it hard to make sense of their feelings. You, of course, have no such doubts and may be puzzled by their dilemma. Don't make fun of them though. They think it is deadly serious.

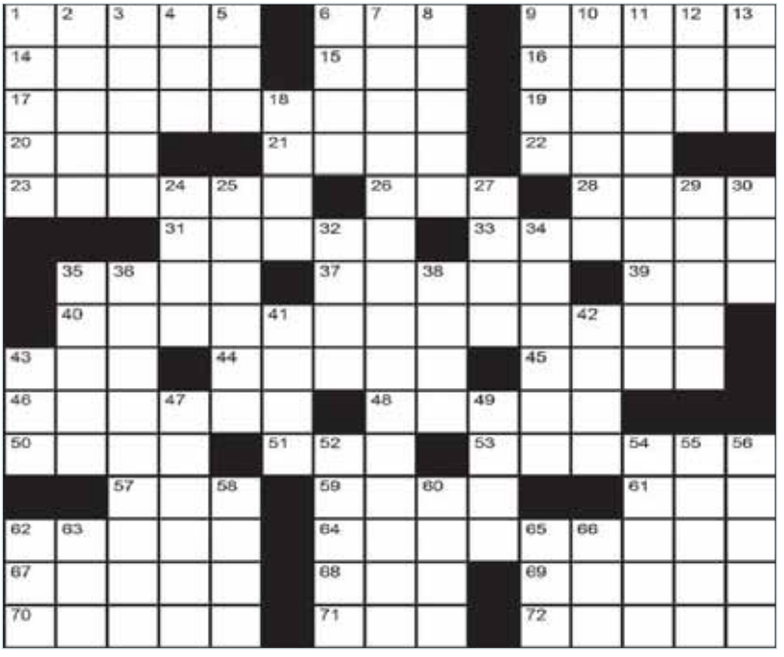
Capricorn
Dec. 22 - Jan. 20
You need to cut back on your commitments. According to the planets, you have taken on too many responsibilities of late — few of which are doing you good. It's time to be kind to yourself and ease off a bit.

Aquarius
Jan. 21 - Feb. 19
It might be best not to make any major decisions over the next 24 hours as the planets suggest you don't really know what you want. Leave it a couple of days and you are less likely to make a costly mistake.

Pisces
Feb. 20 - March 20
Neptune in your sign is making even quite simple situations look complicated. Both at home and at work you must think and act as if everything is fine, even if the opposite appears to be true. It's all about attitude. SALLY BROMPTON

Crossword: Canada Across and Down

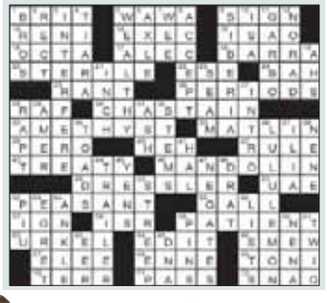
BY KELLY ANN BUCHANAN



Across
1. Church members
6. "Survivor" network
9. Singer/guitarist Colin
14. Outer's opposite
15. Ad __ committee
16. Kind of clover
17. Movie company founded in Vancouver in 1997
19. "Your show's starting!": 2 wds.
20. Go from _ __ B
21. Once __ a time...
22. Geog. coordinate
23. __-14 dating
26. Marked the ballot's little square box
28. 'Prem' suffix (Movie's first showing)
31. Monday: French
33. Reflection giver
35. Kilt wearer
37. Caper
39. Writer Mr. Fleming
40. "Sweet Jane" band helmed by Margo Timmins: 2 wds.
43. Writer Mr. Capote, to pals
44. Map detail
45. "Meet Me __ __. Louis" (1944)
46. Rant
48. More sweet
50. Alphabet sequence
51. TV __
53. Goodies
57. Sequence, for short
59. Petty quarrel
61. Egg mass
62. "The __ a man's heart...": 2 wds.
64. Alberta's provincial bird, Great __ __
67. Oscar-winner Tatum
68. 'Carot' completer
69. "Wake Up Little __" by The Everly Brothers
70. Like a Viking
71. '60s hallucinogenic
72. MTV target audience

Down
1. Light purple flower
2. Rita Moreno's role in "West Side Story" (1961)
3. The Koh-_-__ Diamond
4. Five + Five's total
5. Decade divs.
6. Gent
7. They're used to smooth frown lines: 2 wds.
8. Vista
9. Prison
10. Aquila constellation's brightest star
11. Whodunits
12. __-friendly
13. Li'l Ottawa hockey player
18. Fashion mentor Tim of "Project Runway"
24. Setback
25. Win at the auction
27. Music key, _ __.
29. Jokes-filled celebrity tribute
30. 'North' suffix
32. "__ of Thunder" (1990)
34. More yucky
35. Theatre curtain fabric
36. Montreal Canadiens great, Yvan __
38. Ballerina's garb
41. Singles
42. Concerning, on a memo: 2 wds.
43. Final amt.
47. Really big veins
49. Talk to ya later, e-mail-style
52. Archie Comics character
54. Sprang up
55. Haul a car to the garage: 2 wds.
56. Tennis great Monica
58. Chiquita competitor
60. Wilma's hubby
62. Got the gold
63. 'Volc' ender (Lava spewer)
65. Approx.
66. "__ South"

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

	7		3		4	6	9	
					5			8
2						1		3
	4		7			3	6	
				1				
	8	1			2		5	
5		7						6
6			5					
	3	9	4		1		7	

Yesterday's Sudoku

1	6	4	9	8	3	2	5	7
2	3	9	6	5	7	4	1	8
5	8	7	4	2	1	9	6	3
7	2	5	3	6	8	1	4	9
3	9	6	1	4	5	7	8	2
4	1	8	2	7	9	6	3	5
9	5	1	7	3	4	8	2	6
8	7	2	5	1	6	3	9	4
6	4	3	8	9	2	5	7	1

Weather

TODAY	FRIDAY	SATURDAY
MAX: -2° MIN: -13°	MAX: 2° MIN: -7°	MAX: -5° MIN: -14°

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